



Experts in Athletic Rehabilitation
and Return to Sport

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THE COACH'S GUIDE TO ACL RETURN TO PLAY!

For those of you who were unable to attend our talk on Saturday or wanted more access to it, we have made a recording! Below is a link for the recording of Dr. Lauren's talk so you can review all of her advice and return to sport progressions for your long term reference!

[VIDEO LINK](#)

ACL RESOURCES

Click the Name to Access the Link

Guide to ACL Prehab.

Just tore your ACL? Learn what you need to know from early rehab, to graft selection, to learning what to expect to help you have a smoother start to your ACL recovery.

Guide to ACL Rehab.

Understand the expectations for true ACL rehab and learn how to properly prepare yourself for safe and high level return to play.

ACL Return to Play Score Card:

Basic tests that are used to determine physical readiness for RTP. They can be used with a provider to benchmark progress and readiness.

LEARN HOW WE CAN SUPPORT YOUR TEAM!

[CONTACT US TODAY!](#)

QUESTIONS YOU SHOULD BE ASKING!

There are so many questions that go through a player's head when undergoing ACL rehab. and there are just as many or more for the coach!

Check out our podcast on The Milwaukee Sports Performance Podcast where Dr. Brett and Dr. Michael discuss the coach's role in return to play and questions you should be asking to remain safe along every step of the way!



[PODCAST LINK](#)

SUPPORT FOR THE COACH'S ROLE IN RETURN TO PLAY!

Preparing to return to play does not only happen in Physical Therapy or in the weight room, it needs to happen on the pitch.

You are a big part of your player's rehab team once they have been cleared to initiate progressions with conditioning, progressing sport skills (passing, shooting, heading, ball handling, and contact), as well as progressing functional exposure on the pitch!

[ACL TESTING](#)

Remember all on-pitch progressions should be cleared by the patient's provider. If their provider does not perform benchmark and clearance testing we can be a resource for your player to ensure safe return to sport and physical readiness!



CONTACT US

We Are Your Sports Medicine
and Performance Resource!

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